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Nevada PEP celebrates 25 years of helping Nevada families!

September 10, 2020



Every October Nevada PEP recognizes National Bullying Prevention Month with our signature Run Walk Roll Against Bullying event. In keeping with the need to social distance, PEP has decided to adjust course this year and launch a social media awareness campaign called “I Care, We Care” in partnership with Findlay Automotive Group and Fox 5 Take 5 to Care. Sign up for updates [Sign up- Get involved.](#)



Connecting Kids Nevada

Most of Nevada's students have started the school year learning online, but not all Nevada students have access to the equipment they need to participate and succeed in a virtual classroom.

1) Need a device for your student? Call your school.

2) Need internet connectivity? Call the Family Support Center at 888-616-2476

Visit www.connectingkidsnv.org for more information . . .

Simple Things Count

Microsoft has developed a video series on Seven easy ways to be more inclusive of people with disabilities. Advice from people who have been advocating for people with disabilities their entire lives, listen to Judy Heumann, an International Disability Rights Advocate share her story or Former Senator Tom Harkin show his support for people with disabilities. Employees with Microsoft share tips in this very important and informative video [simple things count](#).

Complete the 2020 Census Today!

The census provides important information that effects how federal funding will go to hospitals, fire departments, schools, roads, and other resources in each state. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives. Please take a few minutes to complete your census. You may complete the census [online](#), by mail or by phone.

Self-Care for Families

Where can families begin to look for quick and easy ways to practice self-care? Johns Hopkins Children's Center has created a [COVID-19 Caregiver Stress Reduction Workbook](#) with families in mind. Valuable activities such as meditation, breathing exercises and a customizable Positive Parenting Log can provide coping strategies and reduce stress.

Children's Books That Offer Reassurance

The Pandemic has created challenging times that may produce stress and trauma for children. Picture and activity books created for children help families answer questions and provide their children reassurance. Check out this [list](#) of books put together by Zero to Three to support young children through stressful situations.

Military-Connected Children News Medicaid Waivers for Military Families

Many military families with special needs know the ins and outs of applying for state Medicaid waivers and the frustration of reaching or getting closer to the top of the waiting list, only to PCS and start the process over. In fact, families report waiting for years on these lists and never being able to receive Medicaid funding benefits during the service member's active-duty career. [Continue Here](#)

PEP Webinars

Take a short break and get the information you need without leaving the indoor warmth of your home or work. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

[How is My Child Reading?](#)

Friday, September 11, 2:00pm – 3:00pm

[Help Your Child Focus on Learning](#)

Tuesday, September 15, 2:00pm – 3:00pm

[Making the Most Out of Your Baby's Early Intervention Services](#)

Friday, September 18, 12:00pm - 1:00pm

[Introducción al Curso del IEP](#)

Martes, 22 de Septiembre, 12:00pm - 1:00pm

[Introduction IEP's- Virtual Style](#)

Wednesday, September 23, 1:00pm - 2:00pm



SplashLearn App

If your kids love games, they'll love SplashLearn! It's the perfect balance of fun and learning packed into an immersive learning experience. Discover fun and learning in equal measure with SplashLearn - an immersive PreK-5 learning experience loved by over 30 million children.

-Happy Apping



SplashLearn App, By: Kids Math Games-StudyPad, Inc.



NEW National Center on Deaf-Blindness Website

The National Center on Deaf-Blindness (NCDB) launched a new website in March. It contains extensive information about deaf-blindness and educational practices for children and youth who are deaf-blind. To learn more [click here](#). NCDB has created a web page for families with different [activities at home during COVID](#), for children to learn and have fun. NCDB hosted a webinar on [establishing routines at home](#), for children with any type of disability. For the Blind Center of Nevada [click here](#).

Youth M.O.V.E. Nevada Update

As kids and youth have jumped back into school, Youth M.O.V.E. Nevada has been busy supporting, informing, and listening. We are seeing more and more youth statewide, showing up and speaking out! We continue to engage with youth and support our peers through bi-weekly virtual meetings that take place on the first and third Tuesday of every month. Make sure to listen to our

September podcast where we talk about coping with COVID and the importance of maintaining your mental health while adjusting to new normals. Stay connected with Youth MOVE Nevada from home by checking out our website at www.nvpep.org/youth-move and getting access to more resources on Facebook: facebook.com/youthmoenv, Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv), and Instagram: [@YouthMOVEnv](https://instagram.com/YouthMOVEnv).

Statewide Family News

September is National Suicide Prevention Month. Throughout the month, individuals, communities, and organizations will offer trainings, share their stories, and provide information to raise awareness about suicide prevention. The [National Federation of Families for Children's Mental Health](#) is one organization that provides resources such as [Four Ways You Can Stop Mental Health Myths](#) and [What Parents Can Do](#) to help their child. In Nevada, you can support suicide prevention awareness by participating in the Nevada Coalition for Suicide Prevention's [14th Annual Walk in Memory, Walk for Hope](#) virtually on September 12th at 9am.

Keeping Kids Motivated

This school year will present its own challenges with Distance Learning. We are all learning how to do things differently. Here are six simple steps for parents to make distance learning more positive for their child. For some helpful tips [click here](#).

It's Time to Get Connected

855-7-NVLINK (855-768-5465)

NevadaHealthLink.com

Do you qualify for Special Enrollment?

- Getting Married or Divorced
- Moving
- Change in Income or Job Change
- Birth or Adoption
- Loss of Health Coverage
- Turning 26

[English Flyer](#) | [Spanish Flyer](#)





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Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Watch a step by step "How to" video [Here...](#)

AmazonSmile Program

When you use your existing Amazon.com account to shop through AmazonSmile, 0.5% of your eligible purchases will be donated to Nevada PEP. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Learn more or get started today!

Go to: [AmazonSmile for Nevada PEP](#)



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